

POST SHORTS

Recycling schedule

The recycling pickup for Wednesday, June 26, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

Refuse removal during holiday

The July 4 holiday will require a change in the trash pickup in the housing area. Refuse normally scheduled for pickup on Thursday in the housing area will be picked up on Wednesday, July 3. Recycling and refuse removal will both be performed on that day. For more information, call Debbie Meranski, 410-306-2337.

Holiday delivery of APG News

The APG News will be delivered on July 3. The due date to get information published in this issue is noon on June 26.

Concert schedule gets 'up to speed'

Aberdeen Proving Ground's Morale, Welfare and Recreation is busily planning this year's rock concert. Headlined by REO Speedwagon, openers for the Aug. 17 event are Night Ranger and Eddie Money.

Due to security considerations, only the gate located on Route 22 will be open to concert-goers, who will be directed to designated parking. Those 16 and older should bring a photo ID and plan their arrival time to accommodate personal and vehicle searches. A tailgate party with a live broadcast by radio station WOCT will be held at the designated parking area from 3 to 6 p.m. The concert staging area opens at 6 p.m., with the concert getting underway at 7:30 p.m.

M.A.D. Gift Shop phone changes

The new telephone number for the M.A.D. Gift Shop is 410-676-SHOP (7467).

911 switch to be upgraded June 25

The Garrison's APG Directorate of Information Management will be upgrading the installation's emergency 911 switch on the evening of June 25. The cutover to the new switch in the Edgewood Area will take place at approximately 7 p.m. In the Aberdeen Area, the cutover will be at 9 p.m. The cutover is

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Sports & Recreation

A salute to APG's volunteers

Efforts save nearly \$1.3 million

Sheila Little
APG News

Aberdeen Proving Ground thanked 1,243 volunteers at Top of the Bay, May 22, saluting their efforts and honoring those who have been dedicated to helping others on the installation.

Recognized for donating more than 100,000 hours over the last year, APG's savings are estimated at \$1,296,875.

Maj. Gen. John C. Doesburg, commander of APG and the U.S. Army Soldier and Biological Chemical Command, said National Volunteer Week was established in 1974 as a way "to recognize and celebrate the efforts of volunteers at every level of government."

He added that this year's theme, 'Celebrate the American Spirit—Volunteer!' is especially poignant, "as we witness the outpouring of contributions and compassion following the September 11th attack on our country."

See VOLUNTEER, page 6



Archive photo by SHEILA LITTLE
During the U.S. Army Center for Health Promotion and Preventive Medicine's 2001 Take your Child to Work Day, participating volunteer Maj. Newton Foster points out animal growth features to, from the left, his son, Timothy, Patrick Campbell and Justin McDuffie. At Aberdeen Proving Ground's volunteer recognition ceremony, May 22, Foster was named the winner in the active duty category.

Well-Being taking shape at APG

Yvonne Johnson
APG News

The U.S. Army Garrison Aberdeen Proving Ground has completed the initial distribution of several surveys that will help form the baseline for the Headquarters Department of the Army Well-Being Program. The program, which is now in its third year of an anticipated 10-year program, launched APG as one of five laboratory sites on April 29.

Onsite Coordinator Robert Phillabaum said there is more to come and a busy year lies ahead as much information will be collected to assess development of the program.

"We will document findings and observations and provide recommendations for implementation of Army Well-Being in Army communities worldwide," Phillabaum said.

The initial distribution of surveys covered different constituencies to gain an under-

standing of the familiarity the group has with well-being issues within the Army.

"We distributed surveys to active military, DA civilians (both appropriated and non-appropriated), Army family members, retired Army personnel, and Army veterans," Phillabaum said.

The active military surveys were distributed through retention and recruiting channels, and the other surveys were distributed through various other channels. The DA civilian surveys were distributed throughout the Garrison.

The participating directorates included the Civilian Personnel Assistance, the Directorate of Installation Management, the Directorate of Safety, Health, and Environment, Directorate of Resource Management, Directorate of Industrial Operations and the Directorate of Community and Family

See WELL-BEING, page 3

WACs celebrate 60-year anniversary

Story and photo by
Yvonne Johnson
APG News

Members of the Aberdeen chapter of the Women's Army Corps Veterans' Association, Maryland Free State Chapter 70, celebrated the 60th anniversary of the Women's Army Corps with an anniversary luncheon at the Four Points Sheraton Hotel in Aberdeen on May 11.

The event was held in conjunction with national remembrances in Washington, and Fort Lee, Va., the home of the WAC Museum.

The program featured a tribute to the founding members of Chapter 70, established in 1983, with its first president Inez Sexton, a retired Army first sergeant from Bel Air.

Wanda Story, Chapter 70's current president, welcomed approximately 40 veterans, family members and friends. She said the purpose of the luncheon was to remember WAC trailblazers and to pay tribute to the chapter's charter members.

"We're here not only to honor our military history but our chapter history as well," Story said.

With that, she introduced two surprise guests who traveled from New Mexico

for the ceremony — retired Sgt. Maj. Leota J. "Susie" Banks, the past national second vice-president of WACVA, who installed the first officers of Chapter 70, and Dorothy Abbott, a current member of Chapter 70 who joined after her chapter closed its doors.

Banks gave a short talk on her military career, which spanned 30 years from 1945 to 1975.

"Needless to say, the Army changed dramatically during those years," Banks said.

She recalled taking basic training in a barn at Fort Oglethorpe, Ga., and her first experience firing a weapon in 1956.

"Training was the biggest change as far as women were concerned," Banks said. "Now, men and women train together as well as work together, and the opportunities for women in today's military are endless."

Banks said she enjoys visiting schools and sharing stories about the early WAC years.

"Women everywhere should be telling the WAC story," Banks said. "It's an important part of our military history that should always be remembered."

The guest speaker was retired Air

See WACVA, page 7

Spouses appreciated at ACS open house

Yvonne Johnson
APG News

Army Community Service did its best to make Aberdeen Proving Ground military and civilian spouses feel special May 29 with a spouse appreciation open house at building 2754.

The event was held for spouses of active duty service members, retirees and civilians.

Celestine Beckett, ACS program manager, said the program was put together to allow the curious to learn about the activity's programs and services.

"We'd like for them to just walk through and see what we have to offer," Beckett said.

ACS program representatives were on hand to answer questions and provide assistance, she added.

Visitors enjoyed a complimentary buffet that included lunchmeats, rolls, fruit and beverages from the post commissary, then took fact-finding strolls through ACS. Most said that they were familiar with ACS services, had used them and would recommend them to friends.

"We keep in close touch with ACS," said Allison Chase, whose husband, 2nd Lt. Dan Chase is a student in the U.S. Army Ordnance Center and Schools' Officer Basic Course.

Chase said ACS services have been inval-

able during this, her first experience with the Army.

"I've attended commissary classes and used the lending closet," Chase said. "Everyone here has been so supportive and friendly."

"It's a good place to learn about where you are and where you're headed," added Stacy Bauer, who was visiting with relocation assistant Cheryl Harris.

Bauer, who along with her husband, 2nd Lt. Joshua Bauer, OBC, is headed to Fort Bragg, N.C., said she heard about the office and came to see what she could learn about their next assignment.

"We've never been there before. This gives us a good head start," she said.

Overall, more than two dozen spouses visited with ACS representatives from employment readiness, family advocacy, the exceptional family member program and others.

Beckett said it was a successful day.

"We achieved what we wanted," Beckett said. "A lot of spouses met with our staff members and generally said they felt appreciated."

She added that some said it was the perfect opportunity to get things done they had been putting off, and referrals or follow-up appointments were made in several areas.

"We wanted to reach out and touch the spouses of the community," Beckett said. "I think we accomplished that."



From left, Leota "Susie" Banks, past national second vice-president, Women's Army Corps Veterans' Association, Mary El Jones, of Baltimore and Inez Sexton, seated, founder and former president of Aberdeen's WACVA Free State Chapter 70, admire a plaque bearing the names of the chapter's charter members following the 60th anniversary luncheon at the Four Points Sheraton in Aberdeen.

Post Shorts

SHORTS from front page
expected to cause minimal disruption of service. If you have a fire or ambulance emergency and experience difficulty in reaching 911, call 410-306-0572 in the Aberdeen Area or 410-436-4451 in the Edgewood Area. For a Police emergency, call 410-306-2222 in the Aberdeen Area or 410-436-2222 in the Edgewood Area. For information about the switch upgrade, call Ned Wilson at 410-306-1298.

‘Race To Read’ registration underway

This summer, the garrison libraries in both the Aberdeen and the Edgewood areas are joining with the Harford County Public Library’s Summer Reading 2002. The post libraries will serve as registration sites for children of all ages who want to join the Race to Read. Come to the library to sign up and receive a take-home kit. Certificates and incentive prizes will be awarded to readers who complete the program. The last day to submit reading logs and receive certificates is Aug. 31. For more details, call Bill Todd at the post library, 410-278-3417.

Volunteers needed for rock concert

Morale, Welfare and Recreation needs volunteers for the APG Classic Rock Concert, Aug. 17, at Shine Sports Field. Jobs include gate workers, ticket sellers, concession workers, sponsorship assistants, warehouse workers and photographers. Licensed bus drivers and parking attendants are also needed. Volunteers must be 18 or older and available to work from 4 p.m. to midnight. Staff T-shirts and training will be provided. For more information about volunteering, contact Ruth Overbay, 410-278-4402, or e-mail her at ruth.overbay@usag.apg.army.mil. For general information, call 410-278-4011/4621, TTY 410-278-4110.

Korean War veteran ceremony, June 25

A Korean War Veterans Appreciation Ceremony and dedication of the Korean War display will be held June 25, 2 p.m. at the Havre de Grace Library at the corner of Union and Pennington avenues. Korean War veterans or their survivors will receive commemorative pins and literature. The ceremony is free and open to the public. For more information, contact Ray Astor at 410-939-1369.

RAB meets June 27

The Installation Restoration Program will hold its next monthly Restoration Advisory Board meeting June 27, 7 to 9:45 p.m., at the Edgewood Senior Center on Gateway Road. The topics will include updates on the Westwood Study Area, Lauderick Creek CWM Removal Action, Aberdeen Area Perchlorate Detections and the New O-Field Removal Action. Board meetings are open to the public; all APG employees and citizens are invited. For more information, call the Information Line at 410-272-8842 or 1-800-APG-9998.

Manager needed at EA Thrift Shop

Applications for the position of manager are being accepted at the Edgewood Area Thrift Shop located across from the golf course on Stark Road. Applications will be accepted Tuesday and Thursday, 10 a.m. to 3 p.m. For more information, call 410-676-4733.

Kirk offers classes

Diabetes education overview classes will be held in the Preventive Medicine conference room (Room A-12), located on the first floor at Kirk U.S. Army Health Clinic, Room A-12. Classes are scheduled for four consecutive Tuesdays, July 2, 9, 16 and 23, noon to 2 p.m. Participants must attend the July 2 class. All TRICARE-enrolled individuals with recent or long-term diagnosis of diabetes, or parents or sponsors of a diabetic child are invited to attend. For more information and to register for classes, call Preventive Medicine, 410-278-1964.

Avoiding violence in the workplace

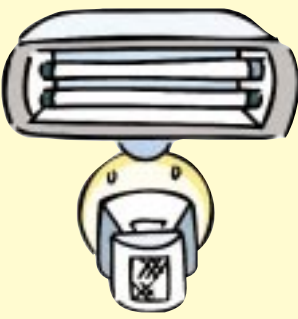
Are communication problems creating a hostile workplace? The Workplace Assessment Team offers a variety of Communication and Conflict Resolution classes designed to help with interpersonal problems and workplace productivity. For more information or to schedule a class, call Paul Papp, 410-306-1079, or e-mail paul.papp@usag.apg.army.mil.

Preventing heat injuries

Preventive Medicine and Wellness, Kirk U.S. Army Health Clinic, offers classes on heat injury prevention and/or a packet with information and a CD with hot/cold weather injury prevention power point presentations. Leaders at all levels must work to prevent heat injuries.

During the next several months, unit commanders should emphasize that soldiers drink plenty of water and take rest periods during strenuous activities in hot weather. They also should train their soldiers to recognize the causes, symptoms, and first aid measures for heat injuries, using the Soldier’s Manual of Common Tasks as a guide. Heat injuries are prevented by educating soldiers and leaders and through command influence. For more information, contact Sgt. Humphrey Okele at 410-278-1964.

Pollution Prevention



To save energy, use energy efficient lighting and light fixtures.

APG Pollution Prevention Program

Main Exchange conducts survey

Customer Satisfaction Index surveys will be conducted at the APG Main Exchange, June 25 and 26, 10 a.m. to 4 p.m. The survey will measure customer satisfaction with service, pricing, associate availability and friendliness, and merchandise availability and quantity. Survey forms can be picked up at the tables set up at the front of the store. Refreshments will be available while filling out the survey. A \$5 coupon in the survey can be used toward a future purchase. For information, call Thea Sarver, 410-272-6828.

Register for fall credit classes at HCC

Registration is currently underway for fall 2002 credit classes at Harford Community College’s Aberdeen Proving Ground Center, building 3146, Raritan Avenue, Monday through Thursday, 9 a.m. to 5 p.m., and alternate Fridays, 8:30 a.m. to 4:30 p.m. For information, call 410-272-2338 or 410-278-0516. Students may also register for courses by mail or FAX through Sept. 3. Forms and further information are included in the Schedule of Fall 2002 Credit Classes, which will be mailed to all Harford County residences this summer. It is also available in the Registration and Records Office at HCC and can be viewed at Web site **www.harford.edu**. Prior to registering, students may call HCC’s Academic Advising Center at 410-836-4301 to make an appointment to meet with an academic advisor and plan their semester schedule. Students who have never attended HCC, or who attended before fall 2000, should complete an HCC Application for Enrollment prior to registering. For further information about registering for fall credit courses at HCC, call the Office of Registration and Records at 410-836-4222 or 410-879-8920, ext. 222.

GI Mail password is DEERS

Global Internet Mail, or GI Mail, is a secure means for service members and their families to communicate with each other through e-mail. The service, found at **https://www.gimail.af.mil**, functions in every theater of operations because it is on a military server with no advertising or other extras. GI Mail is available to all members of the Department of Defense worldwide. Account registration and use of GI Mail is available to users from any computer with Internet access. To sign up for a free subscription, visit **http://www.armedforcesnews.com**. Air Force eligibility to use the system is determined by the Air Force Crossroads interface with the Defense Eligibility Enrollment Reporting System. Once validated as a member of GI Mail, the account’s User-ID and password can be used to access the system from anywhere in the world. (*Editor’s note: This information is courtesy of Armed Forces News.*)

USAWOA meeting, June 20

The Aberdeen/Edgewood Chapter of the United States Army Warrant Officer Association will meet June 20 at Top of the Bay. The meeting will be a working lunch from 11:30 a.m. to 1 p.m. in the Old Baltimore Room. All warrant officers are invited to attend. For more information, contact Pete Hill or Jane Jones at 410-278-4979.

EA community to hold yard sale

The Edgewood Area of APG will hold a community yard sale 8 a.m. to 4 p.m., June 22 and 23. Rain date will be June 29 and 30. Participating housing areas include Everette Road, Deer

Run, Grant Court, Skippers Point, Clearview Drive, Chevron Drive and Austin Road. The Community Life Mayoral Program is sponsoring this year’s community yard sale. (See page 8 for more information.)

OSCA to hold reunion

The Ordnance Supply Control Agency reunion will be held Nov. 3 to 7 in Las Vegas. For more information, e-mail beachcomer08@msn.com or call 941-495-9215.

APG’s Weight Watchers at Work holds signup June 26

An information and signup meeting will be held at noon on June 26 for the Weight Watchers at Work Program. The program offers professional leadership, group support and a sound and safe weight control program. Meetings are held every Wednesday at noon in building 324, second floor conference room. Be part of a group that has lost over 1,150 pounds since starting the program last summer. To learn more about the Weight Watchers at Work Program, call 410-278-1151.

Make picnic reservations for 2002

Outdoor Recreation is accepting reservations from Aberdeen Proving Ground organizations for the 2002 picnic season. Call at 410-278-4124, or visit building 2407 for reservations.

CWF sponsors trip ‘down under’

The Civilian Welfare Fund is sponsoring a trip to Australia, Sept. 14 to 25, with an optional tour extension from Sept. 26 to 29. The trip includes tours to Melbourne, Philip Island, Sydney, Featherdale Wildlife Park, Tjapukai Aboriginal Cultural Park, and Cairns, where visitors will travel on the Kuranda Scenic Railway, then board the Skyrail to experience a rainforest. Other experiences include a coffee cruise to Middle Harbour and a full-day cruise to the outer Barrier Reef. The optional four-day extended tour will consist of Alice Springs and Ayers Rock. Price is \$3,299 per person, based on double-occupancy for the 12-day tour; \$3,499 for a single for the 12-day tour. The optional extended tour to Alice Springs and Ayers Rock will be an additional \$1,099 per person, based on double occupancy; and an additional \$1,399 for a single. A \$500 non-refundable deposit is due per person upon reservation. There are limited seats and they will be filled on a first-come, first-served basis. For reservations or more information, call Angela Keithley or Jacqueline McKeever at 410-278-4603/4771.

Mortuary affairs schedules fall reunion

The U.S. Army Mortuary Affairs Center, Fort Lee, Va., is planning a reunion of Mortuary Affairs/Memorial Activities/Graves Registration specialists. The reunion is scheduled for Sept. 19 to 20 at Fort Lee. Persons interested in attending should call the Mortuary Affairs Center’s deputy director, Doug Howard, at 804-734-3831, or write him at howardd@lee.army.mil. Due to post security requirements, visitors should plan accordingly in case of delays when entering the installation.

Commercial Activities Hotline available

The CA telephone hotline at 410-278-7414, and CA e-mail hotline at CA.Hotline@usag.apg.army.mil, are available to provide updates and answers to your questions concerning the CA Study. In addition, CA is now a choice on the first page of the APG Web site, **www.apg.army.mil**.

Join the SIBA Boat Club

The Specutie Island Boating Activity, or SIBA, is accepting applications for the 2002 season. Requirements to join are: possess a government identification card for Aberdeen Proving Ground, boat registration, and proof of insurance. Costs are: For a moored boat - \$11 per foot, for a boat on trailer in parking lot space - \$8 per foot, for ramp access - \$7.50 per foot. Membership requirements include the member performing eight hours of work for the club and standing security watches. Membership is open to active duty military, full-time Army National Guard, retired military, Department of the Army civilians employed at APG, retired APG civilians, and full-time contractors with government ID cards. Details can be found in Army Regulation 215-27. Applications can be picked up at the SIBA clubhouse, building 36, or at Outdoor Recreation. For more information, call Outdoor Recreation at 410-278-4124.

APG News

The *APG News*, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the *APG News* are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: AMSSB-GIM, APG, MD 21005-5005, 410-278-1150. Printed circulation is 8,900.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

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For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 324, Second Floor, AMSSB-GIM, APG, MD 21005-5005; call the editor at 410-278-1150, DSN 298-1150; fax it to 410-278-2570; or e-mail it to editor@usag.apg.army.mil.

Deadline for copy is Thursday at noon for the following Thursday’s paper.

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PET OF THE WEEK




Photo by YVONNE JOHNSON

Smokey’s on top of it

Smokey is a full-grown male, domestic shorthair in an attractive gray and white coat that would blend with any décor. You can let Smokey or any of the other cats, kittens and dogs available for adoption at the Veterinary Treatment Facility decorate your home. For more information, call the VTF at 410-278-4604.

Army Well-Being Q's & A's

Why is the Army changing to this new Well-Being effort?

Army leadership recognized that there are excellent quality-of-life programs. However, there has never been a system in place that incorporates quality of life initiatives into a holistic system. Well-Being provides a framework for leaders at all levels to evaluate the effectiveness of Army programs from a readiness point of view. Using standards and metrics linked to the program's goals and objectives and the Army goals and objectives, it provides a better picture to commanders and leaders of how well we are doing in resourcing and planning for all Well-Being related programs. Well-Being is not the proponent or manager of the various programs. It brings them together to ensure consistency and effective delivery of the programs, which in turn leads to better services and programs for Active, Guard, and Reserve soldiers, civilians, retirees, veterans, and their family members.

Does Well-Being mean programs, services and support?

Well-Being is a system designed to ensure effective resourcing, delivery and evaluation of programs that have a direct or indirect impact on the Well-Being of the force and its Readiness. The framework for Well-Being has three goals: to live, to connect, and to grow, which is then further divided into 14 categories, with 49 functions linked to Well-Being initiatives and programs, such as housing, medical, pay and compensation. Within these functions are near, mid and long term objectives that are monitored and integrated into the Transformation Campaign Plan. Well-Being is the human dimension of Army Transformation.

What is the difference between Well-being and Quality of Life?

The term "Well-Being" is not a synonym for Quality of Life, but an expansion of the concept. Army Well-Being integrates and incorporates existing quality of life initiatives and programs into the Well-Being framework, linking programs and initiatives to the four institutional outcomes: performance, readiness, retention and recruiting. It provides measurable objectives and links them to institutional outcomes to better monitor the Well-Being of the force improvement programs and services for constituents. This new concept, which expands on quality of life, will help identify and correct imbalances by recognizing the personal, physical, material, mental, and spiritual state of soldiers,

DA civilians and family members who contributes to preparedness and perform and support the Army mission.

Work done in the past year has tied Well-Being to three goals — to live, to connect and to grow. Explain.

To live refers to the physical and material needs related to shelter, food and safety. Programs under to live provide the essential function of Well-Being. To connect refers to programs that allow the individual to connect to the Army team that creates acceptance, contribution and social interaction. This is the esprit de corps, which is the defining function of Well-Being. To grow refers to the mental and spiritual needs of the individual to expand one's capabilities creatively and intellectually. To grow is the enhancing function of Well-Being. These three goals form the enduring philosophy of Well-Being.

The Army is setting up five Well-Being labs, three in CONUS and one each in Korea and Germany. What are these labs about?

The Well-Being Laboratory program is an initiative designed to provide a "proof of principle" assessment for programs, processes and products developed and implemented as part of Well-Being. When used at the community level it assists in communicating the value and benefit of community Well-Being programs and systems to soldiers (Active, Guard and Reserve), civilians, veterans, retirees and their family members. The goal is to find the most effective ways to implement Well-Being at the community/installation level and provide reliable feedback for improvement.

What is the bottom line of all this: 1) What it means to the Army, and 2) what does it mean to the Army Family?

Well-Being is a smarter way of providing the best services, programs and initiatives to soldiers (Active, Guard, Reserve), DA civilians, retirees, veterans and their family members. Well-Being seeks to provide a better work-life balance for the individual. It provides the ability of the individual and families to improve their lives through a continuous process of personal expansion, exploration, and emotional development. It provides a reciprocal environment where both the Army and the individual achieve excellence and success mutually benefiting each other.



Top Three Messages

1. Well-Being is a system that encompasses the entire Army community linking individual needs with Army needs, Well-Being acknowledges the entire breadth of individual aspirations and incorporates this aspiration into Army programs that are integrated and measurable.
2. With any laboratory initiative, the outcome is not completely predictive and therefore when we go to these five sites we must be open to new ideas and new ways of conducting business. Our goal is to find the best way to provide the best services and programs to our soldiers (Active, Guard and Reserve), DA civilians, retirees, veterans and their families.
3. Well-Being will continue to be inextricably linked to the capabilities, readiness and preparedness of The Army as we transform to the Objective Force. The program strives to provide greater predictability in the lives of soldiers and their families. An effectively designed, executed and delivered Well-Being program means that soldiers and civilians will not be put in the position of choosing between the profession they have selected and the families they love.

Well-being

From front page

Affairs.

The Army family surveys were distributed through the Commissary, AAFES and Kirk U. S. Army Health Clinic. Some Army family surveys were distributed at the recent Spouse Appreciation Luncheon.

Finally, a portion of the Army Veterans surveys were distributed at the Aberdeen American Legion Post.

"These findings will form the basis for comparing levels of knowledge about Army Well-Being in six months, and again in one year," Phillabaum said. "This will tell us how effectively we have gotten the message out and we will gain invaluable knowledge in forming recommendations for HQ DA. Hopefully, this will provide DA with some of the information necessary to formulate a plan for Army Well-Being in the future".

APG is one of five sites worldwide selected to participate as a laboratory site for

the Well-Being Program. The other sites include Fort Bragg, N.C., Fort Jackson, S.C., 26th ASG in Heidelberg, Germany, and Area 1 Support Activity, South Korea.

Phillabaum said everyone can expect to hear more about the Well-Being Program in the future.

For answers to questions about Army Well-Being, see above.

For other information, contact Phillabaum at 410-306-4516.

Army Lodging holds cash and carry sale

There will be a \$1 sale on APG Army lodging furniture, June 26, 7 a.m. to 2 p.m. in building 3560, Rodmand Road. Cash, check or money order will be accepted. Items will be sold "as is" and must be removed the day of sale.

All sales are final.

VA contacting Project SHAD veterans

Armed Forces News

The Department of Veterans Affairs is contacting participants in military tests involving biological and chemical warfare materials during the 1960s about medical care and benefits to which they may be entitled.

Initial notification went to 622 of some 4,300 veterans identified so far as participants in Project SHAD (Shipboard Hazard and Defense). The SHAD tests were conducted to determine the effectiveness of shipboard detection and protective measures against chemical and biological threats and to determine the potential risk to American forces.

Medically significant information from 12 tests declassified and released to the VA include Autumn Gold, Copper Head, Shady Grove, Eager Belle (phases I and II), and Scarlet Sage, Fearless Johnny, Flower Drum (phases I and II), DTC Test 68-50, DTC Test 69-32, and Purple Sage. Additional letters will be sent as more test reports are declassified. Veterans concerned should call 1-800-749-8387 or e-mail shadhelpline@vba.va.gov.

For more on veteran illnesses and related health benefits, visit Veterans Health Care Benefits at http://www.military.com/Resources/ResourceFileView?file=Veterans_Health.htm.

To sign up for a free subscription of Armed Forces News, visit <http://www.armedforces-news.com>.

TSP's May numbers not quite in full bloom

Kellie Lunney

GovExec.com

The Thrift Savings Plan's C and S funds lost some of their value in May, while the G, F and I funds continued to grow.

The C fund, which invests in common stocks, faltered slightly in May, falling by 0.75 percent after a 6.06 percent drop in April. The fund has declined by 13.95 percent since June 2001.

The S fund, which invests in the stocks of small- and mid-sized companies, dropped by 2.39 percent in May, following a 1.06 percent fall in April. The fund, which debuted in May 2001, has lost 5.12 percent of its value over the last 12 months.

The G fund, made up of government securities, gained 0.45 percent in May. Its 12-month return rose to 5.36 percent.

The F fund, which consists of fixed-income bonds, gained 0.88 percent in May, after increasing by 1.89 percent in April. The F fund has gained 8.19 percent in the past year.

The I fund, which is invested in international stocks, increased 1.29 percent in May, following a 0.25 percent rise in April. Despite its rebound, the I fund has posted negative returns in its first full year in the Thrift Savings Plan, dropping 9.67 percent over the past year. The I fund debuted in May 2001 along with the S Fund.

The monthly C, F, G, S and I Fund returns reflect net earnings on the amounts invested during the month.

For an index of the performance of the C, I and S funds that is updated each business day, see the "TSP Ticker" on the front page of GovExec.com.

May's rates of return are listed below. The numbers in parentheses are negative.

G Fund	F Fund	C Fund	S Fund	I Fund
May 2002	0.45%	0.88%	(0.75%)	(2.39%)
May 2001	5.36%	8.19%	(13.95%)	(5.12%)
				(9.67%)

Local students graduate from West Point

Story and Photos by
Sheila Little
APG News

The U.S. Military Academy at West Point marked the graduation of the bicentennial class June 1, and Aberdeen Proving Ground-related cadets were among the graduates.

Second lieutenants Jonathan Ng, son of Bonnie and William C. Ng, who works at the Edgewood Chemical and Biological Center, and Denise R. Little, daughter of Sheila, a contract writer for the *APG News*, and Col. James S. Little, director of Laboratory Services at the U.S. Army Center for Health Promotion and Preventive Medicine, were among nearly 1,200 students who arrived at the academy near the end of June in 1998, and are among approximately 940 who graduated as members of the academy's bicentennial class.

Marking the 200th anniversary of the establishment of the country's oldest military academy, envisioned by the country's first President George Washington, and signed into being by the third President Thomas Jefferson in March, 1802, bicentennial celebrations continued through graduation week.

The activities included award assemblies, regimental receptions, and parades, including a pass and review for the 'firsties' to check out the underclassmen. Baccalaureate services, a formal graduation dance and banquet featuring guest speaker and former New York City Mayor Rudolph W. Giuliani completed the week.

Graduation at Michie Stadium featured President George W. Bush as speaker, accompanied by First Lady Laura Bush. Among those joining the president on the dais were Gov. George Pataki of New York and West Point graduates Secretary of the Army Thomas White and retired Gen. Norman Schwartzkopf. Also in attendance were nearly 10,000 family, friends and underclassmen.

The president referred to the history of the military academy

and said that much of the success of our country can be attributed to the caliber and ability of the nation's people, among them the military leaders trained at West Point.

"The United States Military Academy is the guardian of values that have shaped the soldiers who have shaped the history of the world," Bush said. "America is profoundly grateful for all who serve the cause of freedom, and for all who have given their lives in its defense." The president added, "This nation respects and trusts our military, and we are confident in your victories to come."

Handing diplomas to the honor graduates, the president remained on stage and shook hands with every member of the class.

After successfully completing four years of year-round military, academic and physical fitness training, led by many of the country's top military officers, soldiers and academic professors, the new second lieutenants, obligated to five years of active duty, leave later this summer for their first assignments.

After receiving her diploma and while shaking hands with the president, Little took the opportunity to tell Bush that she supported him in prayer and considered it a privilege to be serving a Christian commander-in-chief. Bush answered, "That's the kindest thing anyone could say to me."

Following graduation, cadets changed into Class A's for commissioning ceremonies held on academy grounds. While many cadets were commissioned by academy officers, Little chose to be commissioned by her father, while her mother and her sister, Diana Brewer, pinned on her rank.

The new second lieutenant said that although family and friends tell her they think her four years at West Point have gone by quickly, it was not the same for her. Despite the pace, or perhaps because of it, Little said she is confident that she has the background necessary to be a good Army officer. Admitting that females, running at about 15 percent of each class, were some-

times at a disadvantage in certain situations, Little said relying on faith, keeping a positive attitude and doing your best were helpful strategies for both sexes.

"While it was real challenging at times, it was also rewarding, and facing those challenges only better prepared me for success in the Army," she said.

Little is a 1998 graduate of Bel Air High School. She graduates from West Point with a chemistry and life sciences field of study and a nuclear engineering core sequence. Little branched Chemical Corps and, upon completion of the chemical officer basic course, heads to Fort Hood, Texas, for her first assignment.

Ng, a 1997 graduate of C. Milton Wright High School, attended Valley Forge Military Academy and College in Valley Forge, Pa., for one year before becoming a member of the West Point class of 2002. While at West Point, he majored in economics with a nuclear engineering track. Branching Field Artillery, his first assignment following the basic course is Fort Riley, Kan.

"West Point is valuable both to our nation's history and to the future as a means to produce officers to direct our military forces," Ng said. "The staff and faculty is the cream of the crop. I definitely feel that West Point has done a great job in maximizing military training and instilling ethical values as a component of the officer corps."

Two other bicentennial graduates with APG connections include Zachary Keller, a 1998 graduate of Aberdeen High School, and Nicholas Utzig, a 1998 graduate of Edgewood High School.

The son of an active duty soldier, Keller's family is now stationed at Fort Benning, Ga. Keller branched Armor and is assigned to Fort Hood, Texas.

Utzig branched Aviation and is assigned to Fort Rucker, Ala., where he will pursue helicopter flight school. His parents, Lt. Col. Martin and Jan Utzig, are now stationed at Fort Riley.



Denise Little cleans her weapon following last year's Sandhurst Competition at West Point, a combination physical, tactical and military skill test among cadet squads from West Point, the British military academy, Sandhurst, competitors from Canada, and Reserve Officer Training Corps groups from selected universities.

Right, Little wears parade dress following the graduation parade, held May 31. The academy's Protestant Chapel can be seen in the background.



Air Force announces personnel reg changes

MilitaryReport.com

Air Force personnel officials announced a change June 10 that will separate the announcements for promotion selection and school candidacy for officers.

Previously, promotion results and professional military education candidacy were announced together for Air Force major- and lieutenant colonel-selects.

See CHANGES, page 5



Photo by DIANA BREWER
President George W. Bush and his wife, Laura, approach the podium in Michie Stadium for this year's graduation exercises. Bush was the featured speaker at the June 1 graduation, which also marked the bicentennial anniversary of the nation's oldest military academy.



Photo courtesy of BILL NG
Jonathan Ng poses at Michie Stadium following graduation exercises at the U.S. Military Academy, June 1. The new second lieutenant will take the officer basic course at Fort Sill, Okla., beginning in July, followed by a three-year assignment as a field artillery officer at Fort Riley, Kan.

Commentary: West Point's mission stands the test of time

Irene Brown
Army News Service

From the time I began working at the U.S. Military Academy (more than a decade ago), and saw my first alumni parade, I've wondered what it is about this gray, forbidding fortress on the Hudson that demands such loyalty and respect from so many people?

The academy consistently attracts the best and brightest young people in the country. Each year the admissions office receives thousands of applications from men and women who could be accepted at most any university in the country and not have to serve in the military after graduation.

Granted, USMA is considered one of the best math and engineering schools in the nation. But the difference here is that the students learn math and engineering as part of their training to become Army officers. And the road to graduation day is hard, rocky and long for many cadets.

It is not only those wishing to attend that admire the West Point mystique. Each year more than 3 million visitors enter its gates.

So what is it about this spot in the Hudson Valley?

Perhaps it's the beautiful setting of the academy, perched high above the Hudson River. Or maybe it's the feeling of wonderment one gets when walking through buildings that might have once housed Eisenhower, Patton or MacArthur.

It might even be the overwhelming feeling of patriotism that abounds when watching the cadets march across the Plain, seeing the sea of white hats in the sky at graduation or hearing "On, Brave Old Army Team," during a game at Michie Stadium.

But it's more than just the pomp and circumstance of the USMA that generates respect and admiration. It's also the academy's ability to change with the world and still retain the very core of its value for two hundred years.

West Point creates leaders of character. That isn't just a slogan; it's a truth that has proved out through the years. Names like Lee, Grant, Bradley, Patton, Eisenhower, MacArthur and Schwarzkopf have been the proof of the academy's worth. USMA graduates have led the nation through selfless service for two centuries, not just at the military fronts, but also in boardrooms, operating rooms, research labs and even space capsules.

Today's academy isn't the same one that nurtured Patton, MacArthur or even Schwarzkopf. Now women march on the Plain, new cadets get passes and upperclassmen are encouraged to mentor, not harass, plebes. While engineering is still the academy's favorite subject, English majors are now common and humanities subjects are part of the curriculum.

Yet, for all the changes this institution has endured over the past 200 years, one thing remains certain: the cadets of today are just as ready, willing and able to lead this country as were the cadets of yesterday. That's what makes USMA a national treasure and a symbol of Duty, Honor, Country to people worldwide.

Congratulations, West Point. May the next 200 years prove as rewarding. (Editor's note: Irene Brown is editor of U.S. Military Academy's Pointer View newspaper. USMA celebrates its 200th anniversary this year.)

Changes

From page 4

Starting with the release of the 2002 major promotion board results in June, PME candidacy will be announced separately, one to two weeks after the promotion release. Separating the announcement of in-residence PME candidacy from a promotion board's results will allow everyone to focus appropriately on the promotion announcement when it is made, said Secretary of the Air Force Dr. James G. Roche.

"We don't want to take the shine off of a new rank for those people who are not also designated school candidates," Roche said. "They can still compete at the board for in-residence slots, and also take school by correspondence or seminar."

APG's volunteers of the Year

Photos courtesy of APG PHOTO LAB

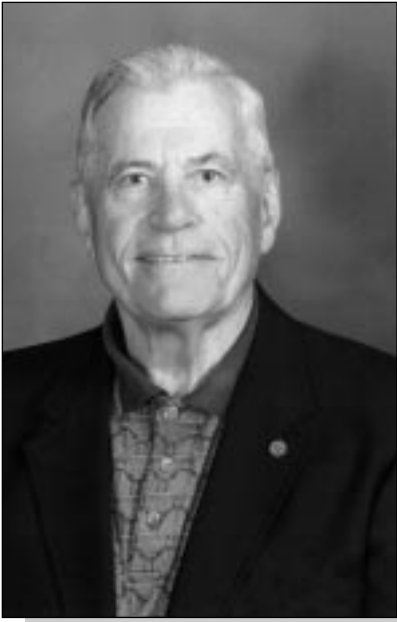


Photo by W. Ben Bunger III

Maj. Newton Foster
Military Volunteer of the Year



Amy Carlson
Family Member Volunteer of the Year



Retired Maj. John Richardson
Retiree Volunteer of the Year



Patricia Cook
Civilian Volunteer of the Year



Christina Kovalsick
Youth Volunteer of the Year

Volunteer

From front page

Doesburg encouraged everyone, including children, to share their time and talent, for the good of those around them.

“Volunteering is an investment in the community,” he said.

The evening included a skit presented by children from the post chapel portraying the many aspects and volunteer opportunities available throughout APG.

Col. Mardi U. Mark, garrison and deputy installation commander, acted as emcee for the evening, calling the

names of those nominated by 28 post organizations as Doesburg presented certificates of appreciation. Following the recognition of all nominees, the winning volunteers in the military, family member, retiree, civilian and youth categories were announced.

In addition to a certificate of appreciation, all winners received a \$500 savings bond, a volunteer of the year plaque, an SBCCOM coin, and a parking pass for all adult winners.

Military Volunteer of the Year

Maj. Newton Foster of the U.S. Army Center for Health Promotion and Preventive Medicine won in the military category. Foster was selected for his work with the

Edgewood Area Chapel’s Coffee House for young soldiers, teaching 7th grade Sunday School, helping to organize a Catholic Youth Group, volunteering as a mentor at Edgewood Middle School, and serving as a foster parent.

CHPPM co-worker Lt. Col. Roxanne Baumgartner accepted the award for Foster, who was out of town the night of the event.

“He finds the time and energy to give back to the APG community, helping instill proper values and goals into our young people,” Baumgartner said, adding that in the last year he has donated more than 700 volunteer hours.

Other nominees included; Cpl. John Barbee, Sgt. 1st Class Darrell Diamond, Cpl. Sammie Real, Lt. Cmdr. Kenneth Whitwell and Sfc. Martin Zapata.

Family Member Volunteer of the Year

Amy Carlson was named family member volunteer of the year. A volunteer and board member with the Military and Civilian Spouses Club for the past eight years, Carlson also serves as treasurer of Boy Scout Troop 429, and was treasurer for the 2001 Boy Scout Jamboree Troop that participated in the national jamboree at Fort A.P. Hill, Va.

In addition, the full-time credit union employee was recognized for voluntarily organizing and teaching many of the financial management classes presented to soldiers on the installation. Carlson also volunteers for the Aberdeen Parks and Recreation wrestling program. MCSC President Beth Roussel said Carlson has been a member of the club since her arrival at APG in 1994. A past president, treasurer and one who plays a key role in fundraising for the MCSC, Roussel said her background and knowledge of club procedure will serve her well as she takes on the role of parliamentarian this year.

“She’s been involved with spouse clubs for a long time, plays a key role in the success of our fundraisers, and provides guidance when asked,” Roussel said, adding that

Carlson, who also works full-time, was named a lifetime member of the MCSC last year in recognition of the length and depth of her service to the club.

“She is definitely a great choice for volunteer of the year,” Roussel said.

Other family member nominees included Karla Davis, Ellen DiCuirci, Sonja Flanigan, Margaret Garvin, Karen Gosnell, Judy Hannon, Halina King, Celia Littlewood, Carol Mahanti, Victoria Romero, Hattie Sanford, Kathleen Santana, Petra Vardeman and Jessica Wilson.

Retiree Volunteer of the Year

Retired Maj. John Richardson was named retiree volunteer of the year. Since his retirement from military active duty in 1972, Richardson has become ‘a volunteer on active duty.’ His duties include serving in the Edgewood Area Chapel Choir for the past 30 years, and teaching Confraternity of Christian Doctrine classes for 15 years. The Rev. John Bauer has been a contract priest for APG for 12 years. He said Richardson is very helpful to the chapel, but is also involved in the community.

“He’s a very dedicated, active member of our parish,” Bauer said. He teaches and sings, and is always willing to do a little extra.”

Off post, Richardson counsels at-risk youth, is an active member of the Disabled American Veterans, and a

genealogist for the Thomas Rogers Society. Other retiree nominees included 1st. Sgt. Dominick Butindaro and Sgt. 1st Class Frank McCulloch.

Civilian Volunteer of the Year

Patricia Cook is this year’s civilian volunteer of the year. As chief of the Strategic and Operational Support Division, U.S. Army Materiel Systems Analysis Activity, Cook was acknowledged for her volunteerism on APG for the past 20 years, and recognized this year for her service at Aberdeen Middle School. She serves as treasurer of the school’s Parent Teacher Association, and as a mentor for young girls considering science, math or engineering as a career.

Gladys Pace, principal of Aberdeen Middle School, said more girls are excelling in math and science due to Cook’s mentoring.

“She provides information on career opportunities in the math and science areas and is a tremendously positive influence,” Pace said. She added that over the past few years, the number of girls receiving math and science recognition at school award assemblies has risen significantly, due, she feels, to the influence of Cook and others like her.

A Girl Scout troop leader, Cook also trains other girl scout leaders, and is a Sunday School teacher in her church.

Others nominated included Cathy Day, Monika McCulloch, Amie Przygoda and Tracy Zapata.

Youth Volunteer of the Year

Christina Kovalsick is this year’s youth volunteer of the year. Also the youth winner several years ago, Kovalsick has been a volunteer for half of her life, since the age of seven. Kovalsick was recognized for her continued efforts in support of Army Family Team Building, for volunteering at the APG Post Chapel and serving on the Harford County Board of Education as a student representative.

“I am amazed that a person so young is so active. Each year she’s involved in all kinds of things,” said Bauer. “Nobody has to tell her, she just does it. That’s a true volunteer.”

Other youth nominees included Richard Gallo, Kyle Kovalsick, Jenny and Kristina McCulloch, Maritza Rivera, Matt Santana, Kim Spolarich and Kevin Wilson.

The evening concluded with a door prize giveaway and reception sponsored by organizations on APG and in the community.



Army News



Army Prophet debuts on Capitol Hill

Joe Burlas
Army News Service,

The Army has a new tool to assist in collecting battlefield intelligence.

The first two production models of Prophet Bock I, an electronic warfare system that intercepts radio communications and provides radio direction-finding data, were unveiled and officially delivered to the Army in a ceremony on Capitol Hill June 12.

“This system has already been proven,” said Lt. Gen. Robert Noonan, deputy chief of staff, G2. “Many of you don’t know, and we won’t get into too much detail, but it has been used in Afghanistan — in operations over there — very successfully.”

Designed to replace legacy electronic warfare systems developed more than 30 years ago, the Prophet supports current Army Transformation efforts by being more agile, mobile, deployable and responsive to user needs, said Edward Blair, program executive officer for Intelligence, Electronic Warfare and Sensors.

“The (Army) chief of staff’s vision is for the future to see first, act first, kill first,” Blair said. “The Prophet is truly transformational in that it supports the first part of the Army’s vision. To see first, we must have persistent and pervasive intelligence-gathering capabilities.”

Mounted on a High Mobility Wheeled Vehicle, the Prophet weighs about a third of the older systems currently used by most military intelligence units and takes up about a third of the space, said Sgt. Fred Clemens, squad leader, D Troop, 1-14th Cavalry Squadron, Fort Lewis, Wash. The 1-14th Cav is a

Reconnaissance, Surveillance and Target Acquisition squadron — a new Army unit that is integral to each “Stryker” Interim Brigade Combat Team.

Clemens has been part of the 1-14th since the first Stryker brigade started forming about two years ago. During that time, he has been using a Prophet research and development demonstration model to get familiar with the equipment, make product improvement recommendations and help develop tactics and techniques for the system.

Some of the advantages of the newer system, Clemens said, include: digital triangulation via the Prophet’s computer, vice taking the legacy system’s bearing data and plotting it with a grease pencil on a map; the ability to operate on the move; two minutes or less to erect the antenna’s 20-foot mast — “Some of the older guys say the Legacy system mast can take three to four hours to set up;” and reduced thermal and acoustics signatures because it all operates off the HMMWV’s batteries as opposed to a separate power generator.

While much of the system’s specific capabilities remains classified, said Lt. Col. William Stevenson, Prophet product manager, it can cover 10 times more radio frequencies compared to older EW systems.

Why the Prophet name? Stevenson explained that part of the military intelligence mission is to gain insight into enemy courses of action and intentions, and fix locations of specific targets. The name fits as analyzed Prophet data can find those targets and is often insightful into what the enemy intends to do, he said.

Congressman Randy “Duke” Cunningham, representative of

California’s 51st District and a Vietnam-era Navy pilot, gave his own insight as to why technology like the Prophet is needed today.

“There is a 100-percent, absolute certainty that some fundamentalist group — or groups — will attack this city sometime this year,” Cunningham said after excusing himself for being late due to a joint Senate-House of Representative Intelligence Committee meeting. Emerging intelligence technology like the Prophet can assist in thwarting enemy plans, he said.

Holder of the Navy Cross and the United States’ first ace of the Vietnam War, Cunningham related how lack of effective intelligence led to the loss of U.S. planes and lives during action against a North Vietnam target.

“We had no idea there were any (surface-to-air missiles) in the area,” Cunningham said. “They launched 36 SAMs in pairs at us over a 15-minute period. We lost two Navy aircraft and seven Air Force.”

The Army has contracted with the contractor, Titan Corporation, to deliver 83 Prophets. Initial deliveries will go to the two Stryker brigades at Fort Lewis, Wash.

The fielding plan calls for each division to get six models; armored cavalry regiments, four; Stryker brigades, three; and separate brigades, two. The Training and Doctrine Command will get five Prophets to meet institutional training requirements.

Lt. Col. James Cashwell, commander of 1-14 Cavalry Squadron, signed for the first two production models at the Capitol Hill ceremony.

Warm weather brings increase in Army accidents

Tonya Johnson
Army News Service

With more Army motor vehicle and aircraft accidents this fiscal year than last, safety officials say it’s critical that soldiers understand the hazards associated with summer’s fast-paced, high-energy activities.

As of May 31, the Army had 107 “Class A” ground accidents — 25 on-duty accidents and 82 off-duty accidents. A “Class A” accident is one which involves a fatality, a permanent disability, or more than \$1 million damage in equipment, Army safety officials explained.

Compared to the same time period last year, the number of on-duty ground Class A accidents has increased by one, and off-duty accidents have increased by 8 percent. In those 107 accidents, 109 people died, compared to 101 last year.

Of those 109 fatalities, 25 occurred on duty and 84 off duty, safety officials said. Seventy-one of the ground fatalities resulted from privately-owned-vehicle accidents.

“Young soldiers think they are invincible and tend to underestimate their personal risk and overestimate their personal ability,” said Jane Wise, public affairs officer for the U.S. Army Safety Center at Fort Rucker, Ala. “They often do not recognize hazards and high-risk situations, especially on our nation’s highways.”

The Army has also seen a 56 percent increase in Class A aircraft accidents. Fourteen aviation Class A accidents have been reported as of May 31, compared to nine for the same time period last year. Thirteen people died in those 14 accidents compared to 11 last year.

Data shows that during the summer season, there is an increase in accidents.

There are a variety of causes linked to these types of accidents, Wise said. She said factors include young, inexperienced leaders; accelerating operational tempo, continuous deployments; complex systems; lack of discipline to maintain and enforce standards, and failure to effectively manage risks.

“A real accident sequence often starts

days, weeks, and sometimes months before the impact or crash,” said Col. John Warren, deputy commander, U.S. Army Safety Center. “The accident really occurs much earlier with a breakdown in leadership, standards or discipline.”

Army Safety Center officials urge leaders to constantly remind soldiers of the hazards when executing their on-duty missions and to keep soldiers aware of off-duty hazards as well, particularly when driving their POVs. Leader involvement in helping soldiers learn to better identify, assess, and make sound risk decisions and, most importantly, control hazards as conditions change is critical to accident prevention, safety officials say.

For more information about ways to manage risks and reduce accidents, as well as risk management tools such as the new POV “Drive to Arrive” videos, visit the Safety Center’s Web site, <http://safe-ty.army.mil>.

Stop-Loss 4 releases some soldiers, adds others

Joe Burlas
Army News Service,

The Army announced June 6 a fourth increment to the Stop-Loss program that allows it to retain soldiers in certain specialties beyond their date of separation or retirement for an open-ended period.

While the new call will keep about 260 soldiers on active duty who had potential separation or retirement dates between now and Sept. 30, it releases another 370 who had been impacted by previous Stop Loss decisions.

Stop-Loss continues to retain about 12,000 active, Reserve and National Guard soldiers.

“Stop-Loss is necessary to

retain the critical skills needed in support of Operations Enduring Freedom and Noble Eagle,” said Lt. Col. Bob Ortiz, chief of Enlisted Professional Development, Office of the Deputy Chief of Staff, G1. “The key word is critical. These are skills where we have found a need to retain soldiers to support a myriad of operational requirements since Sept. 11th.”

Stop-Loss has expanded to include the following officer specialties:

30 Information Operations
34 Strategic Intelligence
53 Information

The following enlisted military occupational specialties
See STOP LOSS, page 11

WACVA

From front page

National Guard Maj. Gen. Irene Trowell-Harris, R.N., Ed. D., and director of the Veterans Affairs Center for Women Veterans in Washington, D.C. As director, she is the primary advisor to the Secretary of Veterans Affairs on programs and issues related to women veterans.

Story introduced Trowell-Harris as the first African-American female to obtain the rank of general in the National Guard.

“It is a pleasure to have such a distinguished guest as our speaker for this, our 60th anniversary,” Story said.

Noting the growing number of women veterans, Trowell-Harris talked about the center which was established in 1994 and the importance of registering.

“Our goal is to provide you medical services on par with what male veterans receive, to ensure you encounter no discrimination in your attempt to access these services and that you be treated with dignity and respect,” Trowell-Harris said.

She added that the center has “created change through collaboration” for thousands of the nation’s female veterans.

“We’ve provided staff education and training, strengthened interagency relationships, developed partnerships with veteran service organizations, enhanced the flow of information, fostered research on women’s health issues and incorporated women veterans issues as part of the national agenda,” she said.

“Part of the job of director is to oversee education and registration,” Trowell Harris said.

She encouraged visits to the

center’s Web site followed by registration in the nearest Veteran’s Affairs women’s clinic.

“We process 80 to 100 requests per month for information or assistance,” she said. “You send us an e-mail and you will get a response.

“If you have a wife, mother, sister, grandmother or friend who needs our help, let us know,” Trowell-Harris said, adding that by 2010, 10 percent of VA patients will be women.

In closing, she thanked Chapter 70 for the invitation to speak.

“You can’t help but notice the marvelous ladies and history in this room,” she said. “Without your success, I would not have been able to get things started. I honor and applaud you.”

The program’s highlight was the presentation of a plaque bearing the names of the chapter’s charter members that were present; former president Inez Sexton and members Lou Creighton and Ann Weaver of Bel Air and Mary Jones of Aberdeen.

Creighton said she was honored by the special recognition.

“It’s an honor to belong to something like this that means so much to so many people,” Creighton said.

Serving her second term as treasurer, she added that she could not attend meetings for

years but kept up her membership “because it was worth it.”

“The chapter is doing better than ever,” added Jones, who said that in the last year they have delivered more than 100 caftans to hospitalized veterans at Perry Point VA hospital.

“Right now, we’re involved in the community,” Jones said. “We’re not a social club. We’re here to help other veterans.”

Sheila Smith, the chapter’s first vice-president, said she was pleased to see so many old friends reunited and credited Story with bringing the event together.

The Aberdeen resident, soon to take over as the chapter president, added that she hopes she can do as good a job.

“Our focus is to increase membership and member activities with community projects,” Smith said. “We’ll be busy trying to make that happen.

Congress established the Women’s Army Auxiliary Corps on May 14, 1942. Public Law 78-110 enacted the Women’s Army Corps as an integral part of the U.S. Army in 1943 and it remained that way until Public Law 95-584 disestablished it as a separate corps in 1978.

The WACVA has more than 50 chapters nationwide with the Aberdeen chapter being the only one in Maryland. Female veterans and active-duty ser-

vice members of all branches are eligible to join the chapter, which meets the first Saturday of the month at the Aberdeen Senior Center.

For more information, contact Sheila Smith at 410-273-1687.

Community Notes

**FRIDAY THROUGH SUNDAY
JUNE 21 to 23
CWF WEEKEND GETAWAY TO CAPE MAY**

The Civilian Welfare Fund is sponsoring a weekend getaway to Cape May, N.J. Lodging at the Grand Hotel provides ocean view rooms, an inside pool and jacuzzi, and easy access to the boardwalk, beach restaurants and shopping.

The prices are \$315 for a single; \$176 per person for double occupancy; and \$138 per person for triple occupancy. These prices include transportation and hotel accommodations. For reservations or more information, call Angela Keithley or Jacqueline McKeever at 410-278-4603/4771.

**FRIDAY
JUNE 21
BASKET BINGO**

Basket Bingo to benefit Morale, Welfare and Recreation, APG- Soldier Programming, will be held at the Aberdeen Fire Hall, Rogers Street, 7 p.m.; doors open at 6 p.m. Food, drinks and baked goods will be available. Cost is \$10; additional sets cost \$5.

For tickets, call Stacie Edie, 410-278-3931, or Brenda Conjour, 410-273-7332.

**SATURDAY
JUNE 22
BASKET BINGO**

Basket Bingo to benefit VFW Post 8185 will be held at the Port Deposit VFW Post 8185, Route 222, 7 p.m.; doors open at 6 p.m. Food, drinks and baked goods will be available. Cost is \$10; additional sets cost \$5. For tickets, call Anne Gibson, 410-378-3338, or Brenda Conjour, 410-273-7332.

FREE CONCERT TICKETS TO USHER

USO of Metropolitan Washington will offer free concert tickets to see Usher perform at 7 p.m. at the Nissan Pavilion, courtesy of Clear Channel. Priority will be given to active duty military (E-6 and below) and family members only. Tickets are available only through USO-Metro on a limited basis. Tickets are available for pickup at the USO Center, Fort Myer Community Center. For more information, call 703-696-2552 (Ticketline).

**SUNDAY
JUNE 30
GOSPEL CONCERT**

The APG Gospel Service choir and other local choirs will hold a gospel concert at 5 p.m. in the Aberdeen Area Chapel. The theme of this old-time gospel celebration is "Taking It Back To The Old Land Mark." For more information, call Clarence Weaver at 410-272-6583 or Regina Mack at 410-273-5306.

**THURSDAY
JULY 4
FOURTH OF JULY SPECIALTY MEAL**

The annual Fourth of July specialty meal will be held in the Aberdeen Area dining facilities, buildings 4219 and 4503, and Edgewood Area dining facility, building E-4225, noon to 1:30 p.m. During this event all military personnel, family members, Department of Defense civilians, retirees and guests are invited to dine.

The standard meal rate of \$3.25 applies to any officer, enlisted member, and family member of sergeant or above, DoD civilian, retiree and their guest. The discount meal rate of \$2.70 applies to spouses and other family members of enlisted personnel in ranks private through specialist/corporal.

The Fourth of July specialty meal menu includes bar-b-que ribs, bar-b-que chicken, grilled hamburgers/cheeseburgers, grilled bratwurst, grilled frankfurters, baked beans, buttered corn on the cob, buttered green beans, potato salad, macaroni salad, assorted relish trays, assorted potato chips, assorted fresh fruits, assorted pastries and assorted beverages.

Note: menu is subject to change without prior notification. For more information call Edward Parylo, or Joyce Thane at 410-306-1399/1393/1398.

**SATURDAY
JULY 6
WACVA MONTHLY MEETING**

The Women's Army Corps Veterans Association Maryland Free State Chapter #70 will hold their next meeting 10 a.m. at the Aberdeen Senior Citizen Center. Agenda includes installation of the following new officers: Sheila Smith, President; Connie Murphy, 1st Vice President; Judy Fortier, 2nd Vice President; Velma Alaniz, Secretary; Lou Creighton, Treasurer and Elizabeth Toms, Sergeant-at-Arms.

All women who have served or are serving in the Women's Army Auxiliary Corps, Women's Army Corps, Regular Army, Army Reserve, Army National Guard and Army Nurse Corps are welcome to attend. Also welcome, as associate members, are women of the Navy, Marines, Air Force and Coast Guard.

For more information about the association, contact Wanda Story, 410-272-5040 or visit Web sites www.wacva.com or www.armywomen.org.

**FRIDAY
JULY 12
BASKET BINGO**

Basket Bingo to benefit the Ladies Auxiliary, Volunteer Fire Company #1 of Chesapeake City will be held at the Chesapeake City Fire Hall (2nd floor) 215 Lock Street, Chesapeake City at 6 p.m.; bingo starts at 7 p.m. Food, drinks and baked goods will be available. Cost is \$10; additional sets cost \$5.

For tickets, call Lori, 410-287-0827, or Carol, 410-885-5060.

**FRIDAY
JULY 19
BASKET BINGO**

Basket Bingo to benefit Aberdeen Volunteer Fire Department will be held at the Aberdeen Fire Hall, Rogers Street, 7 p.m.; doors open at 6 p.m. Food, drinks and baked goods will be available. Cost is \$10; additional sets cost \$5.

For tickets, call Judy Hinch, 410-272-7585, or Brenda Conjour, 410-273-7332.

**SATURDAY
AUGUST 10
CWF SHOPPING AT POTOMAC MILLS**

The Civilian Welfare Fund is sponsoring a shopping trip to Potomac Mills for \$20 per person, which includes charter bus transportation. The bus will depart Aberdeen Proving Ground at 8 a.m. and depart Potomac Mills at 4 p.m.

For reservations or more information, call Angela Keithley or Jacqueline McKeever at 410-278-4603/4771.

**FRIDAY
AUGUST 23
BASKET BINGO**

Basket Bingo to benefit Aberdeen Police Association will be held at the Aberdeen Fire Hall, Rogers Street, 7 p.m.; doors open at 6 p.m. Food, drinks and baked goods will be available. Cost is \$10; additional sets cost \$5.

For tickets, call Judy Hinch, 410-272-7585, or Brenda Conjour, 410-273-7332

**SATURDAY
SEPTEMBER 7
CWF SPONSORS HOT AIR BALLOON RIDES**

The Civilian Welfare Fund is sponsoring a trip to fly in a hot air balloon for \$199 per person, which includes charter bus transportation to Lancaster, Pa., and a one-hour flight that begins at 6 p.m.

Reservations can be made through June 20. Seats will be reserved on a first-come, first-served basis. A \$50 deposit per person is required.

For reservations or more information, call Angela Keithley or Jacqueline McKeever at 410-278-4603/4771.

ARMY COMMUNITY SERVICES

AFTB TO CONDUCT CLASSES

Army Family Team Building is offering two classes on June 19, 9:30 to 11:30 a.m. at Army Community Service, building 2754, Rodman Road, Aberdeen Proving Ground. The class topics are Introduction to Military and Civilian Resources, and Family and Military Expectations.

Reservations should be made by June 17 to Diana Jackson, ACS, 410-278-2464.

TEEN PARENTING CLASSES

The Family Advocacy Program will offer "Systematic Training for Effective Parenting (STEP)" Teen Classes every Tuesday and Thursday, 6 to 7:30 p.m. at Army Community Service, building 2754, Rodman Road. STEP is offered to all parents who have children ranging from 12 to 18 years old. The dates and topics are :

July 9 Understanding Yourself and Your Teenager
July 11 Changing Your Response to Your Teen
July 16 Communicating Respect and Encouragement
July 18 Encouraging Cooperation and Problem Solving
July 23 Using Consequences to Build Responsibility
July 25 Deciding What to Do

If you are interested in registering for STEP Teen Parenting Classes, call Laura Reich, family advocacy prevention specialist at 410-278-7478 by July 3.

CAN DO! KIDS CLASSES

The Exceptional Family Member Program will be sponsoring "Who are Can Do! Kids?," a program that will focus on what children can do instead of what they cannot. Can Do! Kids use their abilities in whatever way is best for them in order to do the things they want. Every child can be a Can Do! Kid. There will be four sessions held every

Monday starting June 24, 6 to 7 p.m. at Army Community Service, building 2754. The topics and dates are as follow:

June 24 Social Skills
July 1 Teamwork
July 8 Life Skills
July 15 Creative Thinking

Attendees must register by calling Reeshemah Bugg, EFMP manager at 410-278-2420.

BUILDING BLOCKS TO SUCCESS

Army Community Service is sponsoring a series of wealth building classes to teach how to manage money, live debt free and protect income.

June 20 Using Credit Wisely
June 27 Saving and Investing

Classes are free and open to all civilians, active duty personnel, retirees and family members. All classes will be held 11:30 a.m. to 12:30 p.m. at the Army Community Service Center, building 2754, Rodman Road. Space is limited. For more information or to reserve a seat, call Arcelio V. Alleyne, 410-278-2450. Attendees are encouraged to bring their lunch.

VTC UNITES MILITARY FAMILY MEMBERS

Army Community Service has set up a free video teleconference (VTC) available for military families to get in touch with their deployed loved ones. The VTC is located at ACS, building 2754, Rodman Road. Families will be able to see each other on a wide screen. To set up an appointment, call ACS, 410-278-2453.

MOVIES

ADMISSION: ADULTS \$3, CHILDREN \$1.50
Building 3245 Aberdeen Boulevard



FRAILITY
Friday, June 21, 7 p.m.
Saturday, June 22, 9 p.m.
Starring: Bill Paxton, Matthew McConaughey

A once-idyllic southern family, a father and his two young sons are tested in extreme and unexpected ways when dad announces that he has been visited by an angel who has entrusted him with a holy mission to destroy demons who pose as ordinary men and women. (Rated R)

**BIG TROUBLE
(FREE ADMISSION)**

Saturday, June 22, 7 p.m.
Starring: Tim Allen, Zoëy Deschanel



A mysterious suitcase found in the city of Miami brings together and changes the lives of a divorced dad, an unhappy housewife, two hit men, a pair of street thugs, two love-struck teens, two FBI men and a psychedelic toad. (Rated PG-13)

LIBRARY BOOK CORNER

The APG Garrison Library has the following books for your reading pleasure:



True to Form by Elizabeth Berg



Jolie Blon's Bounce by James Lee Burke



Spy's Fate by Arnaldo Correa



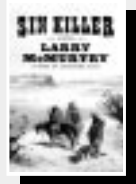
Against All Enemies by Harold Coyle



Cold Justice by Jonnie Jacobs



In this Mountain by Jan Karon



Sin Killer by Larry McMurtry



Wish You Were Here by Stewart O'Nan



Mortal Prey by John Sandford

Courting Trouble by Lisa Scottoline

You can receive a complete listing of the library's new materials via e-mail and also reserve items electronically. Contact the library at 410-278-4991 for details.

Operating hours of the Aberdeen Area Library, building 3320, are Saturday and Sunday, 1 to 5 p.m., Monday, Wednesday and Thursday, 11:30 a.m. to 6:30 p.m.

The Edgewood Area library is open on Tuesday, 11:30 a.m. to 6:30 p.m. For information, call 410-436-3589.

OC&S LIBRARY

The Ordnance Center and Schools Library is located in the basement of building 3071.

Tanks in the Wire by David B. Stockwell
Dictionary of Environmentally Important Chemicals by D.C. Ayres
African American Biographies, 2 by Walter L. Hawkins
Master the GED Language Arts, Reading 2002 by The Thomson Learning Co.

The OC&S Library hours are Monday, noon to 4:15 p.m., Tuesday through Thursday, 7:30 a.m. to 4:15 p.m. and Friday, noon to 4:15 p.m.

EA YARD SALE

EA COMMUNITY TO HOLD YARD SALE

The Edgewood Area of APG will hold a Community Yard Sale from 8 a.m. to 4 p.m. , June 22 and 23. Rain date will be June 29 and 30. Participating housing areas include Everette Road, Deer Run, Grant Court, Skippers Point, Clearview Drive, Chevron Drive and Austin Road.

All family housing residents are invited to participate. The Community Life Mayoral Program is sponsoring the yard sale.

The following yard sale guidelines apply:
• All family housing residents are eligible to participate. Set up your items in front of your house.
• Signs announcing the sale may be erected in the immediate vicinity only on day of the sale.
• Signs will not be affixed to traffic signs, utility poles, trees, lamp poles, or fences. Signs should be placed on a wooden stake and placed in the ground.
• Signs will be removed at the end of the sale, and residents are responsible for policing their area.

For more information on the Community Yard Sale, call 410-306-2011.

Agreement reached on recovery of Korean War soldiers MIA remains

Department of Defense

United States and North Korean negotiators agreed Sunday in Bangkok on a schedule of operations to recover remains of American soldiers missing in action from the Korean War.

Three operations, by 28-person teams and lasting about 30 days each, are scheduled to begin on July 20. The final repatriation of recovered remains would occur about Oct. 29.

The three-day talks, led by Deputy Assistant Secretary of Defense for POW/Missing Personnel Affairs Jerry D. Jennings, were a continuation of discussions held in January, also in Bangkok. At that time, no agreements were reached.

Since 1996, 22 joint recovery operations in North Korea have recovered remains believed to be those of 152 American soldiers. Eleven have been identified, with approximately ten others in the final stages of the forensic identification process.

Conducted by the U.S. Army Central Identification Laboratory Hawaii, these operations have covered areas about 60 miles north of Pyongyang in Unsan County, where elements of the U.S. 8th Army battled Chinese forces. Additionally, U.S. recoveries have included sites near the Chosin Reservoir where major American losses from the 1st Marine Division and the

Army’s 7th Infantry Division occurred November to December 1950.

During this year’s final joint recovery operation period, U.S. teams will survey sites on the western shores of the Chosin Reservoir in preparation for base camp construction there during a future operation.

Additionally, improved medical airlift will be available for all team members on a 45-minute alert, and improvements in communication calls for two-way radios at every site and twice-daily communications checks.

More than 8,100 American servicemen are missing in action from the Korean War.

New Web-based ATRRS schedules NCO schools

Army News Service

A new Web-based program now gives Noncommissioned Officer Education System managers greater access to training information.

The Army Training Requirements and Resources System Analysis Program will provide authorized ATRRS users, for the first time, the capability to rapidly obtain information on the Web to manage NCOES training.

“This program is a great leap forward,” said Sgt. Maj. Willis McCloud, training division sergeant major for the Enlisted Personnel Management Division.

A program that was once based on complicated codes was reformatted so soldiers can easily navigate the system without having a working knowledge of database codes.

“The system is talking (soldier’s) language,” McCloud said. “It’s moved from code-based to a Web-based system.”

ATRRS is used by the U.S. Total Army Personnel Command Basic and Advanced Noncommissioned Officer Course managers to coordinate scheduling.

“The program was created to manage NCOES,” said McCloud. “Additionally, the (new

system) will help reduce the number of conditional-promoted soldiers who have not met NCOES requirements.”

Information within the program is also useful for projecting changes to training requirements. Timely adjustments to these requirements will result in more efficient and cost-effective seat management which will save training funds, McCloud said.

One of the new features of this program of benefit to PERSCOM managers is its ability to query data by career division, career management field and military occupational specialty. This function allows users to focus on soldiers each branch is responsible for managing without having to sort through records of soldiers from other divisions.

System users also have the ability to sort data by major Army command, processing activity and distribution master list.

By selecting these options, users will be able to view the NCOES status of soldiers assigned to their commands.

MACOM training NCOs can view the training status of their soldiers and disseminate it through their organizations, officials said. This tool keeps

the chain of command up to date on soldiers’ training schedules.

Once logged-in with ATRRS ID, password and access code, users can obtain data for a soldier’s last five classes, said McCloud.

“ATRRS tells if the soldier is not scheduled, why and what he can do to correct it,” McCloud said.

ATRRS managers can select two methods to view the soldier’s information, by viewing NCOES data or class management by MOS. The latter will provide the capability to view class statistics by MOS for ANCOC and BNCOC classes that started during the previous three months and those that are scheduled to start within the next six months.

In addition to ANCOC and BNCOC information, data can be obtained for the Primary Leadership Development Course and the United States Army Sergeants Major Academy resident and non-resident courses.

The program launched on April 15 with the Web address <http://www.atrrs.army.mil/channels/ncoes>.

(Editor’s note: Information provided by PERSCOM public affairs.)

Stop-Loss

From page 7

have been added to the program:

- 13C Field Artillery Automated Fire Support Specialist
- 13D Field Artillery Tactical Data Systems Specialist
- 13E Cannon Fire Direction Specialist
- 14E Patriot Fire Control Specialist
- 52E Prime Power Production Specialist
- 55D Explosive Ordnance Disposal Specialist
- 96U Unmanned Aerial Vehicle Operator

The announcement released officers with a 48E Foreign Area Officer (EURASIA) specialty from the program.

Enlisted soldiers released from previous Stop-Loss announcements include the follow MOSs:

- 81T Topographic Analyst
- 92R Rigger

- 96D Imagery Analyst
- 96H Common Ground Station Operator
- 96Z Intelligence Senior NCO
- 97L Translator (Russian and Spanish Linguist in the Ready Reserve only)
- 97Z Senior Human Intelligence NCO
- 98G Cryptologic Linguist (Russian and Spanish Linguist only)
- 98H Communications Interceptor
- 98J Electronic Intelligence Analyst
- 98K Signal Collection Analyst
- 98Z Senior Signal Intelligence NCO

No warrant officer specialties were added or released by the most recent announcement.

Stop-Loss does not impact involuntary separations or retirements.

The Army will continue to evaluate Stop-Loss requirements on a monthly basis, Ortiz said.

Dairy Queen system to honor active military, veterans raise money for hospitalized kids

Roger Cook
Children’s Miracle Network

In a show of patriotism and gratitude for our nation’s military and veterans, the Dairy Queen system is proclaiming July 6 as American Legion/Military Day. On that day, members of the American Legion Family, active military and veterans sporting proper membership or military identification cards, will receive a free five-ounce sundae at any participating Dairy Queen location.

“We want to say ‘thank you’ to those who have made and continue to make tremendous sacrifices for our country,” said Chuck Mooty, president and CEO of International Dairy Queen, Inc.

The one-day event is just one element in the Dairy Queen system’s ‘Red, White & Blue’ promotion, which runs June 29 to July 31.

“The All American Blizzard Flavor Treat is a great way to celebrate our national pride during one of the most patriotic times of the year - the July 4th holiday,” Mooty said. “We’re excited to offer national advertising to help further promote that pride, as well as our partnership with the American Legion family to support Children’s Miracle Network hospitals.”

During the entire promotion, participating Dairy Queen operators will take advantage of the additional exposure to maximize a variety of Children’s Miracle Network fundraising activities, such as collecting change from customers and selling paper Miracle Flags for a \$1 contribution.

The Dairy Queen participating in Harford County is located at 1510 Conowingo Road, Bel Air.

LEAVE DONATION

Employees eligible for donations in the Voluntary Leave Transfer Program are:

Beginning immediately, the new forms to use for the Voluntary Leave Program are OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program

Mary A Banaszak	Wayne Erb (wife is ill)	leg)	Cecil Pennington	Debra S. Stark (surgery)
Fay Walker Banker (hip replacement)	Denise M. Fox (maternity leave)	Jennifer Keetley (maternity)	(surgery)	Colvin J. Strickler II
Marian Bellis (fracture of left tibia)	Joyce C Green	Beverly King (caring for husband)	Debi L. Petosky (back surgery)	Rachel Swearingen
Janet H. Brezinski (surgery)	Gerald P. Gulden	William Klein	Karen S Pense	Walter J Swiderski
Bonnie Bromley (liver transplant)	Michael L. Hitchcock (surgery)	Nicole L. Klein (broken ankle)	Mary E. Pettitway	Hilary P.Talbot
Daniel Brown (father has emphysema)	Valarina M. Higgins (maternity)	Carrie L. Lambert	Barbara Carol Remines (surgery)	Alison Tichenor (surgery)
Tammy Budkey	Fern L. Hitchcock (surgery)	Yvonne Lissimore (knee surgery)	Angela L. Reeves (maternity leave)	Sandra M. Wachter (surgery)
Jane E. Calahan (surgery)	Melanie A. Hoffman (parasinusitis, fibromyalgia condition)	Angela R. Little (neck and shoulder injury)	Michael Reynolds	Rosalind Walters-Kenion (maternity)
Nancy Coleman-Jones (surgery)	Nina M. Holley	Edna L. Lobodzinski (eye surgery)	Boyd J. Richards (care of mother)	Cecelia Walton (respiratory problems)
Tracy H Coliano-Hirsch (maternity)	Beverly A Higgins (surgery)	Geraldine Martin (surgery)	Denise Robinson (maternity)	Beverly A. Werner (surgery)
Geraldine S. Cragg	Stephen Howard (bone marrow transplant)	William B. McLean (kidney failure)	Ricky Ross (heart attack)	Michael R. Willard
Dawn M. Crouse (surgery)	Wayne A. Jaynes	Rebecca G. Mercer-Leto (heart attack)	Tami C. Rowland (maternity)	CharlesYoung (kidney and pancreas transplant)
Rene de Pontbriand	Evelyn K. Johnson (surgery)	Stacy Miller (maternity)	Allan Scarborough (back surgery)	Andrew M. Vaught (brain tumor removed)
Tricia Lin Dietz	Marlin Julian (heart surgery)	Sandra W. Miller (back surgery)	Jennifer W. Sekowski	Wanda L.Waldon (surgery)
Fred Dill	Mary B. Kane (surgery on	John E. Mogan (surgery)	Sherry Schaffer	*Colleen Waller
Joseph R. Dugan			Diane Scott	Josephine O.
Messina Enderlein			Lena Shelton	Wojciechowski (care for elderly parents)
			Motoko Stahl	

For information about donating annual leave, call Dave Mial at 410-278-1524 or fax 410-278-7877.

(*An asterisk indicates employees working at the APG office of the U.S. Army Research Laboratory.

Call Susan Goldberg, 301-394-1080, regarding ARL employees.)



Korea 50 years ago



Former APG commander remembers Korea



Retired Army Maj. Gen. Warren D. Hodges and his wife, Kathleen, pose in the den of their Bel Air home, surrounded by awards and momentos of the general's 30-year career. The Korean War veteran and former Aberdeen Proving Ground commander also served in World War II and Vietnam.

Story and photo by
Yvonne Johnson
APG News

Retired Maj. Gen. Warren D. Hodges doesn't travel much these days but he has a roomful of military awards and decorations to remind him of his 30-year journey courtesy of

U.S. Army.

The professional infantry soldier and former Aberdeen Proving Ground commander is a veteran of three wars - World War II, the Korean War and Vietnam. He refers to Korea as "the tough war," due to the

style of engagement in an unforgiving climate.

"In Korea, you kind of had to fight with one hand tied behind your back," Hodges said of his 18 months in the war zone.

Although aware of the

political implications surrounding the conflict, he said it had little impact on the troops on the ground.

"We didn't know very much about what was going on back in Washington. All we knew was we had a fight on our hands," Hodges said.

Although the conflict occurred not long after the end of World War II, there was little similarity between the two, he added.

"In Europe, you knew where the enemy was and how to fight him," Hodges said. "That wasn't always true in Korea, although in Korea you had a better feel for who and where the enemy was than in Vietnam."

Hodges began his military career in 1942 in the Enlisted Reserve Corps while a member of the Army ROTC at the University of Kansas. He attended Officer Candidate School at Camp Davis, N.C., was commissioned as a second lieutenant in the Coast Artillery Corps in 1943, then converted to Infantry and was sent to the European Theater in 1944 where he served as a platoon leader and company commander with the 134th Infantry, 35th Division until the end of World War II.

He returned to the states to serve at Fort Campbell, Ky., until 1946 when he was reassigned to the Far East Command in Japan where he served as the commander of the Honor Guard to Gen.

Douglas MacArthur from 1946 to 1949.

Hodges said that tour was one of the toughest of his career.

"You had to stay on your toes. There were a lot of bright young soldiers under you who often had a problem beat before you gave it to them," Hodges said.

He added that he remembers MacArthur as a smart, yet aloof commander who enjoyed holding meetings.

"Sometimes he would invite the honor guard to sit in on a meeting," Hodges said. "That's when he was at his best."

Of MacArthur's eventual dismissal from the Korean conflict by President Truman, Hodges said, "McArthur knew what he was doing. I visited with him before he left Korea. He knew he was fighting a war he couldn't win. He asked for it, and he got it."

Now a grandfather, Hodges lives in Bel Air with his wife of 59 years.

The military still runs strong in his family. His daughter, a former Army nurse is married to a retired colonel, his son was an Army captain in Vietnam, one brother, also a Korean War veteran, is a retired Marine Corps colonel, and another was an Air Force captain and doctor. In addition, two of his grandsons are infantry captains and one is a Navy petty officer.

Of his wife, Hodges said,

"she's done her time too. For nearly 60 years she's been at my side — my partner and my friend."

Hodges became the first commander of the combined Aberdeen and Edgewood Areas in 1971 after serving as the chief of staff of the former U.S. Army Test and Evaluation Command. He retired as a colonel in 1972 and a 1980 political appointment as the Adjutant General of Maryland promoted him immediately to the rank of major general.

He said he keeps abreast of world situations and attends local observances, such as the annual Military Appreciation Week parade, as often as possible. Of the country's war on terrorism, Hodges said he is all for it and for the new wave of patriotism sweeping the country.

"It's long overdue," Hodges said. "It's getting close to what it was like after World War II."

He said he is grateful to see service members honored for their sacrifices, unlike those who served in Korea and Vietnam.

"When we came home, nobody cared about where we'd been or what we'd done," Hodges said, adding "the three-year Korean War commemoration period also is long overdue."

"Never again should we allow our military to be ignored," Hodges said. "Think of where we'd be without them."

50 years ago this month -- Eisenhower retires, makes presidential bid

Jim Caldwell
TRADOC News Service

After weeks of Red prisoner of war riots and unrest, U.N. troops swarm camps to remove communist flags, signs and photos.

May 30 to June 17, 1952 — Peking quotes British Dean of Canterbury Dr. Hewlett Johnson saying the evidence against the United Nations using germ warfare in the war is "most damning."

Guards on Koje-do kill five communist prisoners of war who are trying to pass messages between compounds May 30 that touches off a riot within the compound. Brig. Gen. Haydon L. Boatner, camp commander, fluent in Mandarin Chinese, uses his knowledge of the Chinese psyche to calm the riot without using force.

June 1 — Van Fleet tells reporters that communist troops outnumber U.N. soldiers by two and one-half times.

A Fifth Air Force spokesman reports that during May, U.N. pilots shot down 39 communist MiGs, plus five probably destroyed and 21 damaged, against nine U.N. losses in the air. However, 28 allied planes were downed by enemy ground fire and another eight were lost to unknown causes.

June 1 to 3 — Gen. Dwight D. Eisenhower returns to Washington and briefs President Harry S. Truman on the state of the North Atlantic Treaty Organization, then retires from the Army so he can seek the Republican Party presidential nomination.

June 2 to 4 — At the truce talks in Panmunjom, Maj. Gen. William K. Harrison, chief U.N. delegate, begins June 2 by offering a recount of communist POWs to North Korean Lt. Gen. Nam Il. On June 3 Nam refuses the challenge, which keeps the talks stalemated. On June 4, the U.N. team presents 91 more names of allied prisoners verified to be held in communist prison camps, raising the total to 986 troops the enemy didn't account for.

June 4 — The Defense Department releases the tally of U.S. casualties through May 30 — 109,159, including 19,244 dead.

June 6 to 12

In an effort to reduce riots and other communist-inspired mischief, the United Nations finishes moving Red prisoners of war from large compounds to smaller, more secure facilities.

June 6 — U.N. Secretary General Trygve Lie reveals he has expressed "deep anxiety" to Republic of Korea President Syngman Rhee over Rhee's dispute with his country's National Assembly.

June 6 to 12 — Fighting in the I Corps west-central sector above Seoul is some of the fiercest of the year, most of it in the hills near Chorwon.

From June 10 to 11 the communists fire more than 6,400 artillery and mortar rounds on U.S. positions. U.N. troops, supported by tanks and aircraft, carry out swift attacks on enemy hilltop positions in the area.

F-86 Supersabre pilots engage in dogfights with the enemy near Manchuria. On June 6, they claim seven MiG-15 kills and two damaged. On June 11, they bag two more MiGs.

June 7 — Air Force officials report that so far in the war U.N. pilots have destroyed 361 enemy planes, probably destroyed 58 more and damaged 507.

June 8 to 9 — Maj. Gen. Daniel H. Hudelson, former commander of the California Guard's 40th Infantry Division, returns from Korea to retire from the Army June 8. He says if the com-

munist attack in Korea, the Eighth Army couldn't "stand up to the hordes," even with superior equipment. He's "not sure why we are even fighting."

The next day Army Secretary Frank Pace says Hudelson's remarks about the Eighth Army's capabilities are "contrary to everything that our highest military leaders in the field have to report."

June 10 to 12 — At 6:15 a.m. on June 10 approximately 1,000 troops from 3rd Battalion, 187th Airborne Regimental Combat Team, tear down part of the fence around Compound 76 in the Koje-do POW camp to subdue the 6,500 North Korean prisoners and move them to new quarters. The North Koreans are the worst and most violent of the Communist prisoners. Paratroopers line up with bayoneted rifles at port arms and move through the compound, forcing the prisoners back. The rifles are not loaded, and the Americans cannot fire unless ordered. Other soldiers and tanks surround the compound to prevent escape attempts. The prisoners show their spears and knives made in their machine shops. They're yelling and screaming when the GIs throw concussion grenades among them. Many prisoners flee and there's only about 150 left when the two sides clash.

When it's over, 43 POWs and one American are dead. The survivors are divided into groups of 500 and marched off to their new homes. The prisoners in Compound 78 and 77 witness the fall of Compound 76. The next day they do not resist when the paratroopers move them.

June 11 — A Defense Department spokesman announces the number of U.S. casualties in Korea — 109,712 with 19,317 dead.

President Harry S. Truman approves a suggestion to ask five neutral countries to investigate the mid-May riot and kidnapping of the Koje-do POW camp commander by the prisoners.

June 14 to 17 — U.N. troops capture a hill west of Chorwon June 14 after a weeklong offensive. They hold onto the hill after a major Chinese counterattack June 17. An Eighth Army



Photo courtesy WWW.ARMY.MIL
A 120th Engineer Battalion, 45th Infantry Division soldier erects a camouflage net over a road exposed to the Communist forces in Korea in June 1952.

spokesman says June 17 that the Chinese lost about 1,730 killed and 1,495 wounded, with 47 enemy soldiers captured.

June 14 — More than 150 jet fighters and bombers destroy an airfield four miles west of Pyongyang the communists were trying to keep secret. A Fifth Army spokesman calls it a potential major air base the Reds hoped to use for an air offensive against U.N. forces.

Dawn is breaking when the men of Company F, 223rd Infantry, 40th Infantry Division, begin an attack on Hill 490, about 1,000 yards away from their lines. The enemy-controlled hilltop is uncomfortably close and allows the Chinese to look right into the division area.

The soldiers use rocks as cover to work their way up the hill. They're halfway up when the Chinese start rolling grenades down on them.

One explodes about 10 feet from Cpl. Clifton T. Speicher, squad leader. Hot shrapnel hits his side. He makes it back to his feet, uses his rifle for support and leads his squad up the hill, with him hobbling through the enemy fire.

A machine gun opens up from a bunker as the squad nears the top of the hill. From cover, Speicher tells his squad to fire into the bunker so he can get close enough to take it out. When they open up, he takes off.

An enemy rifle bullet knocks him down. He gets up firing his rifle. He runs right into the bunker door. Inside are four Chinese. Speicher kills two with his rifle, bayonets the third but the fourth one hits him in the stomach with a burst from a burp gun. A soldier from Speicher's squad rushes through the door and kills the communist. Speicher stumbles down the hill toward the aid station, holding his stomach in with his hands. He makes it to the aid station and falls over dead. With the bunker knocked out the rest of platoon charges up the hill.

When the rain of grenades first came down on the Americans, one bounces off a soldier's helmet a few yards away from where Speicher was hit. Sgt. David B. Bleak, a medic, sees it. There's no time to warn the soldier, so Bleak tackles him. No one is injured in the explosion.

Bleak, 20, a son of a potato farmer near Idaho Falls, Idaho, is huge and strong. He tends to wounded soldiers, ignoring bullets flying around him.

A machine gunner opens up, wounding three soldiers. Bleak rushes to help them. As he kneels beside them, he's hit in the leg. He puts a dressing on it and returns to his patients. Two of them are able to walk back down the hill, so Bleak picks up the third and begins to carry him down.

Suddenly two Chinese pop up in front of Bleak and try to bayonet him. He lays the wounded man down, and charges the enemy soldiers. He evades their bayonets and wraps a big hand around each man's head. He slams their heads together, killing them. He picks up his patient and continues downhill.

John Speicher receives his son's Medal of Honor on August 19, 1953.

Bleak completes his tour and goes home to Idaho Falls. He's presented the Medal of Honor by President Dwight D. Eisenhower, Oct. 27, 1953.

June 17 — A Defense Department spokesman says American casualties in Korea as of June 13 number 109,971, including 19,329 dead.

Sports & Recreation



Young American Bowling Alliance member Chris Denardi, 12, tosses a bowling ball for a spare after the youth awards banquet at the post Bowling Center on June 1. League members enjoyed complimentary open bowling after receiving their season-ending trophies and plaques.

Youth bowling concludes with awards banquet

Story and photos by
Yvonne Johnson
APG News

The Young American Bowling Alliance concluded its season with an awards banquet at the Aberdeen Proving Ground Bowling Center on June 1.

Coordinated by Sandy MacDonald, a certified YABA coach and center employee, the Saturday league lasted eight months and included youths ages five to 18.

MacDonald said the season, her eighth, was a successful one.

"Nobody sits on the bench, everybody participates and everyone gets a trophy," MacDonald said.

She added that the coaches and assistants are volunteers and "not paid to give up their Saturdays."

"We do it because we love the kids," she said. "The best part about it is seeing a smile on their face when they finally get what you're trying to teach them. It's the biggest reward anyone could ever earn."

Assistant coach Johnny Jones added that parental participation was an important element.

"The parents were wonderful," Jones said. "Those who could, would stay and root the kids on and not leave until the last child was picked up."

Col. Mardi U. Mark, APG Garrison and deputy installation commander was on hand to pass out the trophies. The ceremony included personal safety briefings

by post and local law enforcement personnel, a potluck buffet and a swing at a candy-filled piñata that hung outside in front of the center.

The youngest participant, 5-year old Ciara Aragon received her team, most improved and high game handicap trophies first. Her father, Staff Sgt. Jay Aragon, Headquarters and Headquarters Company, 143rd Ordnance Battalion, said she joined her two brothers, Michael and Joseph on the league.

Rhonda Taylor, a contractor with the U.S. Army Research Laboratory, picked up the trophy for her daughter Ashley, 13, who has bowled with the league since she was five.

"This is a great program for children," Taylor said, adding that her daughter intends to continue in the fall league.

Taylor received trophies for high scratch game at 197, high average at 135, and an "I Beat the Coach" plaque and patch.

Debbi Yonce, APG garrison, said her son Corey, 15, who's team, "We're Back" took first place, has been bowling since he was 11.

"He's getting better and better," Yonce said.

"Getting up on Saturday can be hard but not when you're going bowling," Corey added.

The C. Milton Wright high school freshman finished the season with a 141 average. His teammates included Chad

Milton, 16 and brothers Brandon and Daniel McKinney.

Another bowling family headed by Staff Sgt. Timothy Anderson, Headquarters and Headquarters Company, 16th Ordnance Battalion, included daughter Amanda, 8, who garnered several awards that included the third place team award and high series handicap. The Royce Williams Elementary School third grader has won awards at the state and national level also, to include the Junior Pre-teen Nationals.

"She has about 40 trophies at home," Timothy Anderson said. "I don't know where we'll put these."

Amanda said she loves bowling with her parents and brother who also played on the YABA league. Her parents bowl on the center's Wednesday Night Mixed League.

"I like to compete against my brother and I enjoy helping my team win," she said.

"One day, I'll be as good as my mom." Registration for the next YABA season is Aug. 24 with the season beginning Sept. 7.

The registration fee is \$10.50 and the weekly fee is \$5 for 32 weeks.

For more information, call the Bowling Center at 410-278-4041.

Softball update

The following results were reported for intramural softball for the week ending June 14.

American Division

Results

June 10

HHC 143rd, 19; HHC 61st, 9
HHC 16th, 16; HST, 5
NCOA, 22; KUSAHC, 15

June 12

NCOA, 20; HHC 61st, 18
HHC 16th, 15; KUSAHC, 11
HHC 143rd, 15; HST, 11

Schedule

June 24

6:30 p.m., NCOA vs. SBC-COM
7:30 p.m., HHC 16th vs. TEU
*6:30 p.m., Company A 143rd vs. HST
*7:30 p.m., Company C 143rd vs. KUSAHC

*8:30 p.m., Company B 143rd vs. HHC 143rd
June 26

6:30 p.m., HHC 16th vs. SBCCOM
7:30 p.m., KUSAHC vs. TEU
*6:30 p.m., Company B 143rd vs. NCOA

*7:30 p.m., Company C 143rd vs. HST
*8:30 p.m., Company A 143rd vs. HHC 143rd

Standings

HHC 16th 3-0
HHC 143rd 3-0
NCOA 2-1
HST 1-2
KUSAHC 0-3
HHC 61st 0-3

SBCCOM

**7:30 p.m., KUSAHC vs.

TEU

6:30 p.m., Company B 143rd

vs. NCOA

7:30 p.m., Company C 143rd

vs. HST

8:30 p.m., Company A 143rd

vs. HHC 143rd

Standings

Company A 143rd 2-0

Company C 143rd 2-1

TEU 1-1

SBCCOM 1-1

Company B 143rd 0-3

National Division

Results

June 11

HHC 1/115th, 18; Company B 16th, 8

Company C 16th, 10;

Company E 16th, 8

USMC, 15; Company A 16th,

0

June 13

Games postponed

Schedule

June 25

6:30 p.m., HHC 1/115th vs.

Company E 16th

7:30 p.m., Company B 16th

vs. Company A 16th

8:30 p.m., USMC vs.

Company C 16th

June 27

6:30 p.m., Company B 16th

vs. HHC 1/115th

7:30 p.m., Company C 16th

vs. Company E 16th

8:30 p.m., USMC vs.

Company A 16th

Standings

USMC 2-0

HHC 1/115th 2-0

Company C 16th 2-0

Company B 16th 0-2

Company A 16th 0-2

Company E 16th 0-2

*EA inter-division game

** AA inter-division game

July 5, Military Appreciation Night at Ripken Stadium

Morale, Welfare and Recreation is selling tickets to Military Appreciation Night at Ripken Stadium July 5, game begins at 7:05 p.m. The Aberdeen IronBirds will play the New Jersey Cardinals.

Terrace level seating costs \$10 per person Only tickets purchased through MWR include a souvenir IronBirds hat.

Arrangements can also be made for group names to be announced on the public address system and 'put in lights' on the video board.

To make arrangements or purchase tickets, contact Stacie Edie at 410-278-3931. or e-mail her at stacie.edie@usag.apg.army.mil.



SELF AWARENESS CLASS

June 29, 10 a.m. to 5 p.m. at the Four Points Sheraton. Cost is \$249. Must register by June 14. For more information, contact Chris Lockhart at 410-278-3904 or e-mail her at chris.lockhart@usag.apg.army.mil

BEGINNER SKEET AND TRAP SHOOTING

Learn skeet and trap shooting Saturdays starting June 22 at the Edgewood Skeet and Trap Shooting Range from noon to 3 p.m. Cost is \$25. Must register by June 19.

For more information, contact Charles Heinsohn at 410-278-3868 or charles.heinsohn@usag.apg.army.mil.

BASKET BINGO

Basket Bingo to benefit Morale, Welfare and Education activities will be held June 21, 7 p.m. at the Aberdeen Fire Hall. Tickets cost \$10 or \$5 for each additional ticket. For more information contact Stacie Edie at 410-278-3931 or e-mail her at stacie.edie@usag.apg.army.mil.

MODERN ROCK CRUISE

July 10, 9:30 p.m. to 1:30 a.m. on the Lantern Queen, a Mississippi-style river boat, in Havre de Grace. Cost is \$35. Must purchase tickets by June 26. For more

information, contact Chris Lockhart at 410-278-3904 or e-mail her at chris.lockhart@usag.apg.army.mil.

GOT THE BLUES CRUISE

July 11, 9:30pm to 1:30 pm on the Lantern Queen, a Mississippi-style river boat, in Havre de Grace. Cost is \$35. Must purchase tickets by June 26. For more information, contact Chris Lockhart at 410-278-3904 or e-mail her at chris.lockhart@usag.apg.army.mil.

APG POOLS

Bayside and Olympic Pools are now open daily, 11:30 a.m. to 7 p.m. Shore Pool will open on June 15, Tuesday to Sunday, noon to 7 p.m. For a monthly or season pass, contact Wayne Doyel at 410-278-4124 or e-mail him at wayne.doyel@usag.apg.army.mil.

CHESAPEAKE CHALLENGE AMUSEMENT PARK

Now open daily through Labor Day. Come out to enjoy some miniature golf, go carts, batting cages and MWR's newest feature, the rock climbing wall. For more information and times, contact Ed Delacruz at 410-278-9920.

Youth Center offers summer camp

Child and Youth Services summer camp still has openings for youths who have finished 6th grade but haven't begun 9th grade.

This full-day program combines fun with developmentally-appropriate and safe activities.

A variety of activities are planned from swimming and special performances to sports and field trips.

USDA approved meals include breakfast, lunch and morning and afternoon snacks. All campers will get a tie-dyed Summer Camp T-shirt to wear to the field trips.

A \$20 deposit per week is due at time of registration. Weekly camp fees are \$45, \$55, or \$65 depending upon combined income.

To register for the full-day summer program, contact CYS Central Registration at 410-278-7571 for an appointment.

To add a week to a regis-

tered youth, contact the Aberdeen Youth Center.

The following trips are planned, and any remaining spaces will be filled on a first-come, first-served basis.

Week of June 17

Goddard Space Museum

Week of June 24

D.C. Zoo, Baltimore

Harbor and Washington, D.C.

Week of July 1*

Ice skating, Dorney Park

and bowling

Week of July 8

Roller skating, movies and

Longwood Gardens

Week of July 29

Echo Caverns, rock climb-

ing and movies

*C/YS will be closed July 4 for the federal holiday.



Carlla E. Jones

CHPPM

The popular advertising campaign created by the California Milk Advisory Board asks: “Got milk?” A better question might be: “Got calcium?”

Contrary to popular belief, the body never outgrows the need for calcium. June, National Dairy Month, is a good opportunity to take stock of the answer to: “Got calcium?”

Most people know that calcium helps build strong bones and teeth. Calcium also helps muscles to contract and relax, blood to clot, and the nervous system to function well. Calcium is the most abundant mineral in the body. Ninety-eight percent of the calcium in the body is stored in bones and teeth. The remainder is in the blood and soft tissues.

The calcium in a diet protects the calcium in the bones. When the body does not get enough calcium from the food eaten, the body automatically takes the calcium it needs from bones. Over time, these calcium “withdrawals” add up and weaken bones.

Most Americans do not get nearly enough calcium in their diets. According to the National Institutes of Health, 70 percent of adults, 75 percent of boys aged 9 to 17, and 90 percent of girls aged 9 to 17 do not get enough calcium everyday.

How much calcium is needed? According to the NIH, adults aged 19 to 50 need at least 1,000 milligrams (mg) of calcium per

day. Adults 51 and older need 1,200 mg. Young people aged 9 to 18 need 1,300 mg. To put these requirements in perspective: one cup of milk contains about 300 mg of calcium, eight ounces of yogurt contains between 270 and 450 mg of calcium, and one ounce of mozzarella cheese contains about 200 mg of calcium.

To increase the amount of calcium, try eating foods that are rich in calcium. Dairy products are the best source of calcium in our food supply. For those concerned with fat content, low-fat dairy products offer just as much (if not more) calcium than their full-fat equivalents.

Other sources of calcium include green leafy vegetables (like mustard greens and broccoli), canned fish (like salmon and sardines with bones), nuts and seeds (like almonds and brazil nuts), and tofu. If not a milk drinker, to enjoy the 300 mg of calcium in one cup of milk try adding one or two of the following to a cup of milk: 1/2 cup of fresh or frozen strawberries or blueberries; 1 pureed banana with 1/2 teaspoon of honey; or 1/4 teaspoon of vanilla or almond extract. Another option for those who do not tolerate milk well are products with calcium added, such as orange juice.

Take advantage of National Dairy Month to increase calcium intake.

Got calcium? Say “yes!”

For more information visit www.nichd.nih.gov/milkmatters or <http://www.nationaldairycouncil.org/>.

Herbs of concern: soy supplements

Col. Allen Almquist

Madigan Army Medical Center

Alternative medicine, including the use of herbal remedies, has become quite popular among Americans. Estimates are that a third of the population now consumes some form of herbal supplement. While the vast majority of these supplements are basically safe, as with anything, both good and bad can result from their consumption. Always keep your physician or pharmacist informed about any herbal products you may be taking.

Soy and menopause

Hot flashes? Well, soy may be just the thing for you. Or maybe not. Soy supplements

have hit the news as being effective in reducing hot flashes and other undesirable symptoms of menopause. Soy has also been studied in reducing cholesterol levels, cancer prevention, and treating osteoporosis. So what’s the truth?

Soybeans and other foods containing soy, such as tofu and soy milk, are commonly found in Asia and are a staple of the Asian diet. Soy is rich in protein and isoflavones (genistein and daidzein), as well as saponins and phytosterols. Soy is low in fat and contains no cholesterol. Soy has also been introduced as a meat substitute in hot dogs, tacos, and breakfast links.

The isoflavones genistein

and daidzein have antioxidant properties and are considered phytoestrogenic (mimic the effects of estrogens, the female hormone). This may be the reason that some women who eat tofu get relief from hot flashes during menopause. There are many products on the market touting the benefits of isoflavones and soy for the symptoms of menopause, but clinical studies give mixed results with the label of “possibly effective.” The recommended dose is 20-60 grams of soy protein (34-76 milligrams of isoflavones) daily. But check with your physician before starting on soy to ease hot flashes.

Soy and cholesterol

Soy has proven effective, however, in lowering the levels of low-density lipoprotein, or bad cholesterol, in the body, especially when used in conjunction with a diet low in fat and cholesterol. The Food and Drug Administration recommends 25 grams of soy protein a day to be effective in lowering cholesterol levels roughly 10 percent.

Soy and calcium

Soy’s use to build strong bones is another “possibly effective” benefit. Soybeans are rich in calcium, but soy milk in itself has only 10 milligrams of calcium per serving. Calcium-fortified soy milk is a better choice.

Soy milk should not be used as infant formula. While it is sometimes promoted for children with milk allergies, it should not be given to an infant or child without first checking with a physician. Children who have allergies to milk may very well be allergic to soy, also.

Allergic reactions

Speaking of allergies, one of the most common reactions to soy is gastrointestinal upset, such as nausea and constipation. Soy can also cause allergic reactions such as rash and itching. Patients with certain medical conditions should be cautious when eating products containing soy. These disease states include breast cancer (estrogenic properties may increase the risk of developing breast cancer in patients with a family history), cystic fibrosis, hypothyroidism, or an allergy to milk.

Benefits

The benefits of soy are often used when comparing men and women in Asia to men and women in the U.S. Asians have lower cancer rates, lower cholesterol levels, and have fewer hot flashes (well, at least Asian women) and, reportedly, eat more soy. Part of the problem is that diet and lifestyle may have more influence on the rates of cancer or the number of hot flashes that each group experiences than does the amount of soy that each consumes. Soy can have some benefit, but the extent of the benefit will vary from person to person, regardless of where they live.

In many cases the use of herbal supplements or nutritional aids and their benefit is questionable. Your pharmacist recommends prudent intake of soy and isoflavone supplements. Above all, talk to your pharmacist or health-care provider prior to taking any “natural” product. Ask questions. Be informed. Don’t assume all herbs or dietary supplements are safe for you. *(Editor’s note: Reprinted from the Madigan Army Medical Center, Wash., Mountaineer. Col. Allen Almquist is the chief of the Department of Pharmacy at Madigan Army Medical Center.)*